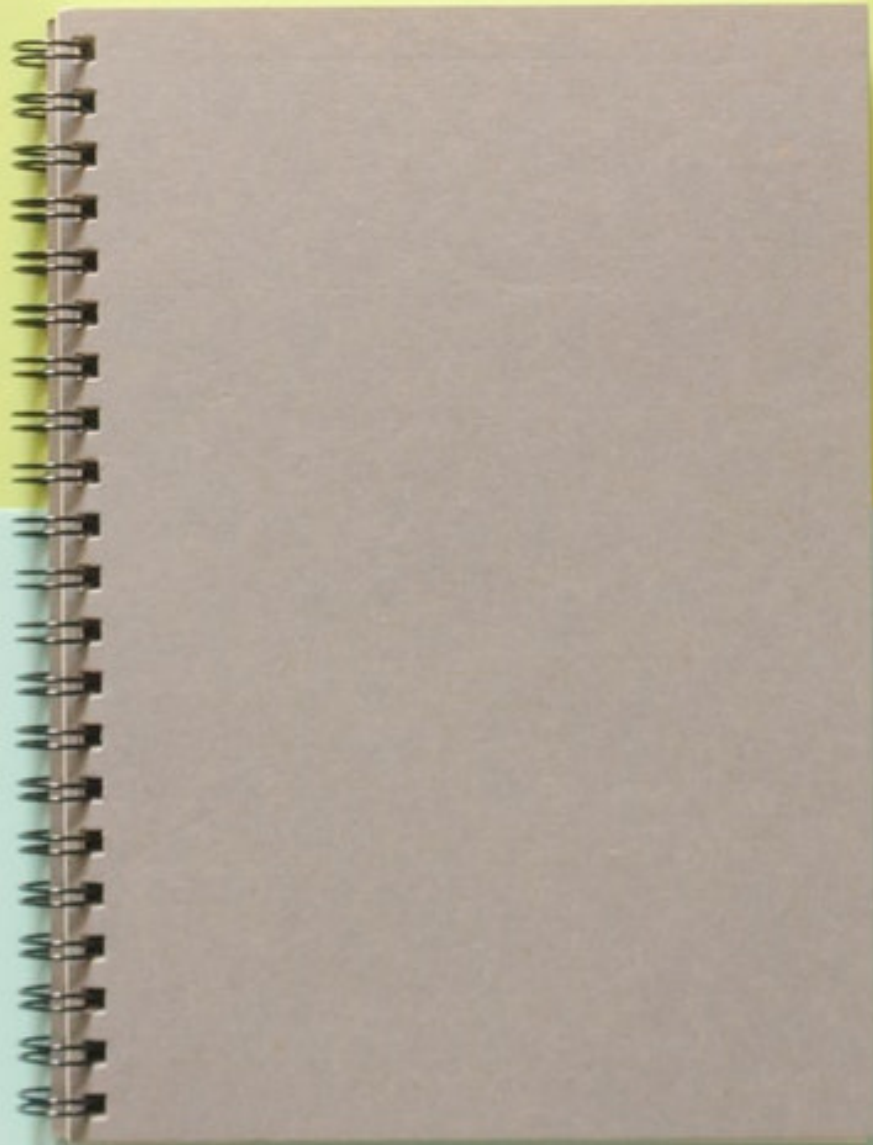


Your 30 Awesome Journaling Prompts Cheatsheet



Journaling is a powerful, transformational and magical practice.

It provides a safe space for you to express your deepest thoughts and feelings without being judged.

It's a fantastic tool to generate new ideas. It's helpful to review, reflect and gain clarity. It's inexpensive and easy.

If you're new to journaling and don't know where to begin, here are a few prompts and questions as cues to get you going.

As you're writing the pen may take over and the writing may flow with ease, and you may not require any prompts.

Allow that to happen. That's when you get the biggest breakthroughs and aha moments. Ensure you keep your writing in a safe and private place.

After completing the writing for the day tear or burn your journal pages, so you can let go of the emotions in your writing. That way you're also assured that your writing is confidential and private. Don't skip this.

Knowing that your writing is for your eyes only, gives you the courage to be bold and candid in your journaling. That makes your journaling more effective.

"In journals, I have access to a kind of wisdom, some consistent sense of self, I don't ordinarily possess in fragmented daily life." ~ Alexandra Johnson

So get ready with your pen and journal, and let's begin.



**Journaling can
provide
a pathway to the
inner you**

1. Let's start with a brain dump of sorts. What are the thoughts running in your head? What's happening in your life and how are you feeling about it?

2. Is something bothering you or are you feeling happy about something? Write it down. If you're experiencing mixed feelings write them down. If you're feeling overwhelmed with your schedule, write about it.

3. What are the lessons you're learning? Reflect and review.

4. What changes can you make? What amends do you feel you need to make?

5. What do you feel grateful about in your life?

6. What makes you happy about your life?

7. Let's now take your focus to some self-awareness. What are your best qualities?

8. What makes you unique? [Find it difficult to pen that? Think about what your friends may say is most unique about you?]

9. What do people thank you for the most?

10. What's the best compliment you've received?

11. What qualities in yourself would you love to develop and grow?

12. What aspects of yourself do you think you must change or improve?

13. What do you think you must stop doing and what should you continue doing?

14. Do you think you play it small? How would you love to play big?

Now, let's move the focus to your dreams and goals.

15. What do you love doing? What are you most passionate about? Write as many answers that come to you.

16. What's your definition of success?

17. How would you like to create success for yourself?

18. If you had all the money, opportunity, talent, support and freedom - what would you be doing? What would your life look like? Who would you be, what would do and what would you have?

19. What kind of a world would you love to create?

20. What do you care for the most in this world? [Does it break your heart to see people treating animals badly? Or does your heart go out to people who can't stand up for themselves? Or is climate change an issue close to your heart?]

21. Write down your dreams and the life you would love to create if nothing was a limitation. No judging or questioning, only freewheeling. It's ok if you think your dreams are impossible.

22. Now choose one dream. A single dream and write down 3 action steps that you need to take today to move towards that dream.

23. Detail out your actions steps. How will you go about taking those actions? Write down the support you would require or if you would need to learn something to move forward. Detail it all out. This will give you a realistic picture as well as reduce the overwhelm. After you take these 3 actions steps you can come back to your journal. Write down the next 3 action steps and keep moving forward on your dream. Should you feel stuck or overwhelmed, you can always pen your feelings and journal to get clarity.

Now let's go deeper into the feelings, emotions and energy that you would like to create.

24. How do you want to feel?

25. What can you do to create those feelings?

26. How can you bring more fun and leisure in your life?

27. How can you bring more love to the world?

28. What are the limiting beliefs that hold you back? Be honest. No one's watching or judging you.

29. How can you reframe your limiting beliefs with healthier ones?

30. What can you do to bring peace, calm and ease in your heart?

Hope these questions have got you going on your journaling journey.

There are no rules to journaling. It doesn't matter what you write, it matters that you write.

Keep journaling, keep writing. Keep discovering and keep creating.

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Want a Business Breakthrough Session with me? Write to sampada@sampadachaudhari.in to book your spot.

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